

20-Minute Chipotle Chicken Pozole

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Servings: 10

*1/4 cup olive oil
2 onion, diced
Kosher salt
5 cloves garlic, minced
2 canned chipotle chiles in adobo sauce, finely chopped
4 cans (15 ounce ea) hominy, drained and rinsed
2 containers (32 ounce ea) low-sodium chicken broth
1 rotisserie chicken, skin and bones discarded and meat shredded
Optional Toppings (sliced scallions, grated cheese, shredded cabbage, sliced avocado, sliced radishes, lime wedges, cilantro leaves, crushed tortilla chips and sour cream)*

Warm the oil in a large pot over medium-high heat. Add the onions, season with salt and cook, stirring until softened, about 5 minutes. Stir in the garlic and cook until soft, about 1 minute.

Add the chipotles and cook for 30 seconds. Stir in the hominy and cook, stirring, for 5 minutes. Add the chicken broth, season with salt, and bring to a boil.

Remove from the heat, stir in the chicken and cover the pot to heat through.

Serve with assorted toppings.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 112 Calories; 7g Fat (48.2% calories from fat); 4g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 145mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 112 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 48.2% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 38.8% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 12.9% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 7g | Folacin (mcg): | 7mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | 1mg |
| | | Caffeine (mg): | 0mg |

| | |
|--------------------------|-------|
| Monounsaturated Fat (g): | 4g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 12g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 4g |
| Sodium (mg): | 145mg |
| Potassium (mg): | 83mg |
| Calcium (mg): | 17mg |
| Iron (mg): | 1mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 2mg |
| Vitamin A (i.u.): | 70IU |
| Vitamin A (r.e.): | 7RE |

| | |
|-----------------|-----|
| Alcohol (kcal): | 0 |
| % Refuse: | 00% |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 1/2 |
| Lean Meat: | 1/2 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

| | |
|---------------------|-----------------------|
| Calories 112 | Calories from Fat: 54 |
|---------------------|-----------------------|

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 7g | 10% |
| Saturated Fat 1g | 4% |
| Cholesterol 0mg | 0% |
| Sodium 145mg | 6% |
| Total Carbohydrates 12g | 4% |
| Dietary Fiber 2g | 8% |
| Protein 4g | |
| <hr/> | |
| Vitamin A | 1% |
| Vitamin C | 3% |
| Calcium | 2% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.